THOMAS PRINTZ' PRIVATE BULLETIN

A BRIDGE TO FREEDOM PUBLICATION.

VOL. 8. NO.24.

September 13th 1959.

Breathing

Dear Hearts of Mine:

When the human consciousness returns into the flesh body in the morning after a night of sleep the rhythm of the breathing is changed considerably from the deep breath of natural sleep. If the outer could watch in an awakened state the action of the lungs as the outer consciousness takes over he would be amazed at the detrimental effect the rapid, shallow breath has upon the previously established rhythm of the night.

At this hour in the Western World the pace of living is so rapid that it tends to race the mental and emotional bodies as well as the breath. If thought be given by the chela, particularly upon awakening in the morning, to resume the deep and rhythmic breath of the night hours to give enough time to the vehicles to start the day's activities without hurry, and if possible to set up a rhythmic pulsation of breath to be sustained through the waking hours, it will pay great dividends in health, illumination, supply, and harmony in all mundane matters.

Until proper breathing becomes an established habit it would be well for the chela to stop at different times through the day and, in rest, avail himself of some deep and slow breaths, thinking and knowing as he draws the Energy into his body, that he is touching the Universal Source of Vitality, Strength and Power, and, as he exhales, know that the flesh form is cleansed, strengthened and purified.

The exercise of proper breathing should never seem arduous, but rather be a joyous experiment, enlightening the consciousness and the vehicles. Practice this calm, deep, joyous breathing and soon it will become habitual.

I bless you, My beloveds, and ask you in turn, to bless every facet of Life that serves you, including the Life that is within the breath, for blessing doubles the virtue and value of all that is. Through deep and peaceful breathing you will come to a more harmonious understanding of your relationship to the Universe and have greater peace of body, greater understanding of mind and greater strength of soul.

Love and Blessings

MAHA CHOHAN.

Dear friends: Rest in the assurance of our love, our gratitude and our daily prayers for your peace and happiness. Your good letters and your blessed substance in aiding us to carry on this work are most appreciated.

THE BULLETIN SERVICE.

Kindly address all communications re: BULLETIN to THE BULLETIN, P.O.Box 5, Flourtown, Penna. U.S.A.

Beloved Friends! "The Bulletin" of the Beloved Maha Chohan is a weekly, rhythmic release of His Beloved Comfort to each dear student who receives It. Of necessity, there are employed several days of office work, transcribing His Blessed Words, mimeographing Them, cutting the stencils, stapling, folding and mailing them to each earnest worthy chela. Nature perfectly expressed, is rhythm, so once each week, He radiates that blessing to you, as well as the Truth of Pallas Athene, His Divine Complement. The date on each such "Bulletin" is the time when such specific blessings FLOW TO YOU. The date you receive It and absorb Its blessings into your outer consciousness is the date when that blessing is intensified. Hoping this clarifies some of your questions.

THE BULLETIN SERVICE.